

Turkey Vegetable Loaf

Makes 6 servings, 616 calories per serving.

- 1 lb. ground turkey
 - 3 carrots, grated
 - 3 celery ribs, finely chopped
 - 1 cup mushrooms, finely chopped
 - 1 small zucchini, grated
 - 1 package dry onion soup mix
 - 1 Tbsp. parsley
 - 2 cups oatmeal
 - 1 egg, lightly beaten
 - 1/4 cup milk
1. Preheat oven to 350 degrees.
 2. In a medium size bowl, combine all ingredients.
 3. Salt and pepper to taste.
 4. Mix thoroughly and shape into a loaf.
 5. Bake 1 hour.

Golden State Salad

Makes 4 servings, 204 calories per serving.

- 1/2 cup unflavored, nonfat yogurt
 - 1 1/2 Tbsp. orange juice concentrate, thawed
 - 1 1/2 tsp. honey
 - 1/8 tsp. salt
 - 3 cups diced red and/or green apples
 - 1 cup (about 6 ounces) diced pitted prunes, snipped into quarters
 - 1 cup sliced celery
 - 1/3 cup sliced green onions
 - 4 butter lettuce leaves
 - 1 1/2 Tbsp. sunflower nuts
1. In large bowl mix yogurt, orange juice concentrate, honey and salt to blend thoroughly.
 2. Add remaining ingredients except lettuce and sunflower nuts.
 3. Toss to coat.
 4. Line bowl or individual plates with lettuce leaves.
 5. Fill with fruit mixture. Sprinkle with sunflower nuts.

Peanut Butter Apple Muffins

Makes 15 muffins, less than 125 calories per serving

- 1 1/4 cups white flour, sifted
 - 1/2 cup whole wheat flour, sifted
 - 4 tsp. baking powder
 - 3/4 tsp. salt
 - 1/2 tsp. cinnamon
 - 1/4 tsp. nutmeg
 - 2 Tbsp. peanut oil
 - 1/4 cup unsalted creamy peanut butter
 - 1/4 cup sugar
 - 1 egg
 - 1 cup skim milk
 - 3/4 cup apple, raw and chopped
1. Sift flours, baking powder, salt, cinnamon and nutmeg together and set aside.
 2. Cream oil and peanut butter with sugar, beating until light and fluffy.
 3. Add egg and beat well.
 4. Stir in milk and chopped apple.
 5. Add flour mixture, and stir just enough to moisten dry ingredients.
 6. Fill muffin tins 2/3 full and sprinkle top of batter with an additional 2 tablespoons sugar mixed with 1/4 teaspoon cinnamon.
 7. Bake at 400 degrees for 20 to 25 minutes.